

# SCHOOL DAYS OFF

---

## Yoga and Pilates for Kids

Special classes for kids ages 9-13

sign your kids up for a Yoga or Pilates mat class, schedule yourself a massage!

### Pilates Mat

November 25th at 10:45am

December 30th at 10:45am

February 17th at 10:45am

April 2nd at 10:45am

### Yoga

October 20th at 1:15pm

November 10th at 1:15pm

January 5th at 1:15pm

April 13th at 1:15pm



Body Mind Energy Center

1221 S. Clarkson St. #205

Denver, Co 80210

720-276-6771

[bodymindenergyhealingcenter.com](http://bodymindenergyhealingcenter.com)

Questions?

Call Marisa

303-525-7491

[peaceofmindpilatesdenver.com](http://peaceofmindpilatesdenver.com)



